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CONCEPT:

This book is a motivational journey through real-life stories, personal reflections, and practical strategies that show how persistence can transform failure into success. It is designed for anyone who has ever felt stuck, defeated, or overlooked—and needs a reminder that resilience is a superpower.

At its core, Beyond the Breaking Point emphasizes that setbacks are not the end of the story, but the beginning of transformation. Through vivid narratives, psychological insights, and actionable tools, the book guides readers from collapse to clarity, from despair to determination, and from failure to comeback.

INTRODUCTION

Why We Fall

Life has a way of testing us. Setbacks come in many forms—failed dreams, broken relationships, missed opportunities—and each one leaves a mark. The emotional toll of these moments can be heavy. Disappointment drains energy, rejection wounds confidence, and repeated failure convinces us that maybe we’re not meant to succeed.

When the weight of these experiences piles up, giving up often feels easier than pushing forward. Quitting promises relief, a way to escape the pain of trying again. It whispers: “Stop fighting. Stop hoping. Stop believing.” And for a moment, surrender feels like the only option.

But here’s the truth: falling is not failure. It’s part of the journey. Every stumble reveals something about our strength, our values, and our capacity to rise again. The breaking point is not the end—it’s the beginning of transformation.

This book is about that transformation. It’s about the resilience that lives inside you, waiting to be awakened. It’s about turning collapse into clarity, despair into determination, and setbacks into sparks of renewal.

CHAPTER ONE

THE BREAKING POINT

When Everything Cracks:

There's a moment in life when the weight becomes unbearable. You've tried, you've pushed, you've believed, and yet nothing seems to move. The doors stay shut, the calls go unanswered, the dreams feel distant and slowly, the light inside you begins to flicker.

This is the breaking point:

It doesn't always come with drama, sometimes it's quiet. A slow erosion of hope, a silent surrender. You wake up one morning and realize you're not excited anymore, you're not dreaming, you're just surviving, and even that feels exhausting.

For some, the breaking point is a single event—a betrayal, a loss, a failure so sharp it cuts through everything. For others, it's a series of disappointments that pile up until the soul buckles under the weight.

But here's the truth: **THE BREAKING POINT IS NOT THE END. IT'S THE BEGINNING.**

THE PSYCHOLOGY OF COLLAPSE:

Psychologists often describe this moment as "**learned helplessness**"—a state where repeated failure convinces you that nothing you do will make a difference, you stop trying, you stop believing, you internalize defeat.

But what they don’t always emphasize is that this state is reversible.

The mind is powerful, yes—but it’s also programmable and just as it can learn helplessness, it can relearn hope, It can rebuild resilience, It can rewire itself for strength. But first, you have to acknowledge the pain, you have to sit with it, understand it and then choose to rise.

A STORY OF COLLAPSE

Let me tell you about ‘’David’’.

David was a young entrepreneur with a dream to build a tech startup that would revolutionize education. He poured everything into it—his savings, his time, his relationships. For three years, he lived on instant noodles and caffeine, pitching investors, building prototypes, and chasing partnerships. And then, it collapsed.

A major investor pulled out. His co-founder left. His product failed to launch. In one month, everything he built unraveled. David found himself alone, broke, and questioning his worth. He stopped answering calls. He stopped leaving his apartment. He felt like a fraud.

But one night, while scrolling through old photos, he saw a picture of himself at age 12, teaching his younger brother how to read. That moment reminded him why he started. Not for fame. Not for money. But to help people learn. That memory became his spark.

David didn’t rebuild the same company. He started a new one—smaller, simpler, focused on tutoring underserved kids. It wasn’t glamorous. But it was meaningful and slowly, he found joy again. Today, his nonprofit serves thousands of students across the country.

David’s story isn’t unique. It’s human.

THE ANATOMY OF ROCK BOTTOM

Rock bottom isn’t just a place—it’s a mirror. It shows you who you are without the titles, the achievements, the applause. It strips away

the noise and leaves you with the raw truth: your values, your fears, your strength; and that’s why it’s powerful.

Because once you’ve seen yourself at your lowest, you begin to understand what truly matters, you stop chasing validation, you start seeking purpose, you become more intentional, more grounded, more real.

Rock bottom is painful—but it’s also clarifying.

- **THE SHIFT BEGINS:**

So how do you rise from the breaking point?

It starts with a decision, not a grand gesture, not a viral moment, just a quiet, internal choice: ‘’I’m not done yet.’’

From there, you build slowly:

- You set one small goal.

- You take one small step.

- You celebrate one small win.

……And then you repeat….

You surround yourself with people who remind you of your worth, you consume content that uplifts you, you speak kindly to yourself, you forgive your past, you embrace your future.

And most importantly—you keep going.

- **VOICES THAT ECHO:**

Throughout history, the greatest stories have come from the deepest pain:

- Nelson Mandela spent 27 years in prison before leading a nation.

- J.K. Rowling was rejected by 12 publishers before Harry Potter changed the world.

- Oprah Winfrey was told she wasn’t fit for television but she was perfect for something bigger, She didn’t just prove them wrong, but she redefined what television presentation could be.

They all hit breaking points. And they all chose to rise.

So, can you??

YOUR TURN:

If you’re reading this and you feel broken—know this: you are not alone, your pain is valid, your struggle is real, but your story is still unfolding. You are not defined by your failures, you are shaped by your response to them. So, take a breath, take a step and take back your power.

BECAUSE THE BREAKING POINT IS NOT WHERE YOUR STORY ENDS—IT’S WHERE YOUR COMEBACK BEGINS.

CHAPTER TWO

THE SPARK

➢ When Hope Flickers Back to Life

Every comeback begins with a spark, it's rarely loud or dramatic, more often, it's a whisper—a quiet reminder that you are not finished yet.

The spark is the turning point, it's the moment when despair meets defiance, when the voice inside says: "I will not let this be the end of me."

➢ THE NATURE OF SPARKS

Sparks are fragile, they don't arrive with certainty or guarantees. They arrive as possibilities, a fleeting thought, a memory, a word of encouragement.

- **FAITH**: For some, it's a prayer answered in silence, a belief that tomorrow can be better than today.

- **MENTORS**: For others, it's someone who sees potential in you when you can't see it yourself.

- **INNER DRIVE**: Sometimes, its sheer stubbornness—the refusal to let failure be the final word.

- **PAIN ITSELF**: Ironically, suffering often becomes the fuel for transformation. Pain reminds us what we don't want, and pushes us toward what we do.

➢ THE PSYCHOLOGY OF RENEWAL

Psychologists call this moment cognitive reframing. It's when you begin to reinterpret your situation—not as a dead end, but as a detour. The spark is the mental shift from "I can't" to "Maybe I can."

This shift doesn't erase the pain, it doesn't magically solve the problem but it changes your posture. Instead of collapsing inward, you lean forward, instead of surrendering, you prepare to fight again.

A STORY OF RENEWAL

Consider Maria, a single mother who lost her job during an economic downturn. Bills piled up, and despair crept in. One evening, her daughter handed her a crayon drawing of their family with the words: "Mom, you're my hero."

That simple act lit a fire inside her. Maria didn't land her dream job overnight, but she started small—selling baked goods in her neighborhood. One order turned into ten, ten into fifty. Today, she runs a thriving catering business. Her spark wasn't money or opportunity—it was love.

SPARKS IN HISTORY

History is filled with sparks that changed the world:

- Thomas Edison failed thousands of times before inventing the light bulb. His spark was the belief that every failure was progress.

- Malala Yousafzai survived an attack meant to silence her. Her spark was the conviction that education is worth fighting for.

- Abraham Lincoln lost elections, faced depression, and endured countless setbacks before becoming one of America’s most influential leaders. His spark was the belief that purpose outweighs pain.

These sparks didn’t guarantee success. But they ignited persistence.

LESSONS FROM THE SPARK

- Sparks are small, but they ignite big change.

- Inspiration often arrives when you least expect it.

- You don’t need certainty to move forward—you only need courage to take the first step.

- The spark is not the fire—it’s the match. You must protect it, nurture it, and feed it until it grows.

“Hope is the match. Courage is the flame.”

YOUR SPARK

Think about your own life. What moments have reminded you of your strength? What words, memories, or people have reignited your hope?

Your spark may not look like anyone else’s. It doesn’t have to. What matters is that you recognize it when it comes—and choose to act on it.

THE TRANSITION

The spark is the beginning of momentum. It’s the first breath after suffocation, the first step after paralysis. But sparks alone are not enough. They must be followed by action—tiny, deliberate steps that build into transformation.

CHAPTER THREE

SMALL WINS, BIG SHIFTS

THE POWER OF TINY STEPS

When you’re standing at the edge of despair, the idea of rebuilding your life can feel overwhelming. The mountain looks too high, the road looks too long but here’s the secret, you don’t climb a mountain in one leap: You climb it one step at a time.

Small wins are the seeds of big change, they may look insignificant at first, but they carry the power to shift your mindset, rebuild your confidence, and create unstoppable momentum.

THE PSYCHOLOGY OF PROGRESS

Psychologists call this the progress principle: even the smallest sign of advancement fuels motivation. When you achieve a micro-goal, your brain releases dopamine—the “reward chemical.” That surge of positivity makes you more likely to keep going.

- One completed workout leads to another.

- One saved dollar grows into financial stability.

- One kind word spoken builds stronger relationships.

Progress doesn’t have to be dramatic. It just has to be consistent.

A STORY OF SMALL WINS

Meet Aisha. After losing her job, she felt paralyzed by fear. Instead of trying to overhaul her entire life at once, she set one simple goal: wake up at 7 a.m. every day.

That small win gave her structure. From there, she added another: apply to one job daily. Then another: learn one new skill each week. Within six months, those tiny steps led her to a new career in digital marketing. Her transformation wasn’t sudden—it was built brick by brick, win by win.

LESSONS FROM HISTORY

Great movements often begin with small wins:

- Mahatma Gandhi’s Salt March started with a single step, yet it ignited a revolution.

- Martin Luther King Jr. didn’t begin with the “**I Have a Dream**” speech—he began with local marches, small gatherings, and persistent advocacy.

- Serena Williams didn’t become a champion overnight. Her career was built on years of small, daily practices that compounded into greatness.

THE ANATOMY OF SMALL WINS

So, what makes small wins so powerful?

1. **ACHIEVABILITY** – They're realistic and within reach.

2. **MOMENTUM** – Each win builds confidence for the next.

3. **COMPOUNDING EFFECT** – Over time, small wins accumulate into massive change.

4. **IDENTITY SHIFT** – Every win reinforces the belief: I am capable.

PRACTICAL STRATEGIES

Here's how you can harness the power of small wins:

- **SET MICRO-GOALS**: Instead of "I'll write a book," start with "I'll write one page today."

- **TRACK PROGRESS**: Use journals, apps, or sticky notes to celebrate each step.

- **REWARD YOURSELF**: Acknowledge victories, no matter how small.

- **STAY CONSISTENT**: Success is less about intensity and more about persistence.

VOICES THAT ECHO

- "Success is the sum of small efforts, repeated day in and day out." — ***Robert Collier***

- "Great things are not done by impulse, but by a series of small things brought together." — ***Vincent van Gogh***

YOUR TURN

Think about one small win you can claim today. It doesn't have to be dramatic. It could be sending that email you've been avoiding, taking a walk, or drinking more water.

Celebrate it. Protect it. Build on it.

Because small wins are not just stepping forward—they are proof that you are moving, growing, and rising again.

THE TRANSITION

Small wins create momentum. But momentum attracts resistance. As you rise, you'll face critics, doubters, and negativity.

CHAPTER FOUR

THE CRITICS AND THE CROWD

WHEN THE WORLD HAS SOMETHING TO SAY

The moment you begin to rise, you'll notice something: not everyone will cheer for you, some will doubt you, some will dismiss you, some will actively try to pull you back down.

Critics are inevitable, crowds are unpredictable and if you’re not careful, their voices can drown out your own.

THE NATURE OF CRITICISM

Criticism comes in many forms:

- Direct rejection: “You’re not good enough.”

- Passive doubt: “Are you sure this will work?”

- Silent dismissal: The absence of support when you need it most.

Sometimes it’s loud and public. Other times it’s subtle—a raised eyebrow, a lack of enthusiasm, a quiet withdrawal. But no matter the form, criticism carries weight.

Why? Because as humans, we crave validation. We want to be seen, heard, and celebrated. When the crowd turns against us, it hurts.

THE PSYCHOLOGY OF DOUBT

Psychologists call this social comparison theory: we measure ourselves against others, and their opinions shape our self-worth.

But here’s the truth: critics don’t define you. Their words are reflections of their own fears, limitations, and insecurities. Often, criticism says more about the critic than it does about you.

A STORY OF RESISTANCE

Take Daniel, a musician who dreamed of recording his first album. When he shared his vision, friends laughed. “Music doesn’t pay the bills,” they said. “Be realistic.”

For a while, Daniel believed them. He shelved his dream and took a job he hated, but the music inside him refused to die. Late at night, he wrote songs in secret. Eventually, he saved enough to record a

demo, that demo caught the attention of a producer, and today, Daniel tours internationally.

The critics didn’t disappear. But Daniel learned to stop listening.

LESSONS FROM HISTORY

History is filled with people who faced ridicule before achieving greatness:

- Albert Einstein was told he would never amount to anything but he later went on to become one of the greatest scientific minds in history.

- The Wright brothers were mocked for believing humans could fly but proved the skeptics wrong by achieving the first successful powered flight.

- Rosa Parks was criticized for defying unjust laws, yet her courage sparked a movement.

The crowd doubted them, the critics dismissed them but they chose persistence over approval.

BUILDING MENTAL ARMOR

So how do you protect yourself from the critics and the crowd?

1. **KNOW YOUR WHY**: When your purpose is clear, criticism loses its power.

2. **FILTER FEEDBACK**: Not all criticism is destructive. Learn to separate helpful advice from harmful noise.

3**. STRENGTHEN YOUR CIRCLE**: Surround yourself with people who believe in you, even when you don’t.

4. **PRACTICE SELF-TALK**: Replace external negativity with internal affirmation.

5. **DETACH FROM APPLAUSE**: Don’t let praise inflate you or criticism deflate you. Stay grounded.

VOICES THAT ECHO

- “Do what you feel in your heart to be right—for you’ll be criticized anyway.” — ***Eleanor Roosevelt***

- “First they ignore you, then they laugh at you, then they fight you, then you win.” — ***Mahatma Gandhi***

YOUR TURN

Think about the voices in your life. Who uplifts you? Who drains you? Who challenges you in ways that help you grow?

Choose carefully, because the crowd will always have something to say —but only you decide which voices you allow into your heart.

THE TRANSITION

Critics test your resolve, crowds test your courage but once you learn to rise above them, you’re ready to build something lasting.

CHAPTER FIVE

THE COMEBACK BLUEPRINT

TURNING PAIN INTO A PLAN

By now, you've faced the breaking point, discovered your spark, and learned the power of small wins. But resilience isn't just about inspiration—it's about strategy. A comeback doesn't happen by accident, it happens by design.

The comeback blueprint is your road-map. It's the set of tools,habits, and mindsets that transform survival into success.

STEP 1: DEFINE YOUR VISION

Every comeback begins with clarity. You must know what you're rising toward.

- **ASK YOURSELF:** What do I truly want?

- **WRITE IT DOWN**: A vague dream stays vague. A written vision becomes tangible.

- **MAKE IT PERSONAL**: Don't chase someone else definition of success. Define your own.

"If you don't know where you're going, any road will take you there." — ***Lewis Carroll***

STEP 2: SET GOALS THAT STICK

Goals are the bridge between vision and action. But not all goals are created equal.

- **SMART GOALS**: Specific, Measurable, Achievable, Relevant, Time-bound.

- **MICRO-GOALS**: Break big dreams into small, daily steps.

- **MILESTONES**: Celebrate progress along the way to stay motivated.

Example: Instead of “I’ll get healthy,” try “I’ll walk 20 minutes every morning for the next 30 days.”

STEP 3: SHIFT YOUR MINDSET

Your mind is the engine of your comeback. Without the right mindset, even the best plan will stall.

- **GROWTH MINDSET**: See challenges as opportunities to learn.

- **RESILIENCE MINDSET**: Expect setbacks, but refuse to be defined by them.

- **GRATITUDE MINDSET**: Focus on what you have, not just what you lack.

Mindset is the soil in which your comeback grows.

STEP 4: BUILD DAILY HABITS

Habits are the bricks of your blueprint. They turn intention into consistency.

- **MORNING RITUALS**: Start your day with focus; diary-keeping, meditation, exercise.

- **EVENING RITUALS**: End your day with reflection; gratitude lists, planning tomorrow.

- **KEYSTONE HABITS**: Identify one habit that triggers positive change in other areas (e.g., exercise improves energy, mood, and discipline).

Small habits compound into massive transformation.

STEP 5: STAY MOTIVATED

Motivation fades. Discipline sustains. But you can reignite motivation by:

- **TRACKING PROGRESS**: Visual reminders of how far you've come.

- **AFFIRMATIONS**: Speak life into your journey daily.

- **COMMUNITY**: Surround yourself with people who fuel your fire.

- **PURPOSE**: Remember why you started.

A STORY OF BLUEPRINT IN ACTION

Consider James, who lost his job and felt directionless. Instead of waiting for opportunity, he built a comeback blueprint:

1. **VISION**: Start his own graphic design business.

2. **GOALS**: Create a portfolio, reach out to 10 potential clients weekly.

3. **MINDSET**: Re-frame rejection as redirection.

4. **HABITS**: Wake up at 6 a.m., design daily, track progress.

Within a year, James had a thriving freelance career. His comeback wasn't luck—it was blueprint.

LESSONS FROM HISTORY

Blueprints have shaped great comebacks:

- Nelson Mandela used vision, discipline, and daily habits to endure 27 years in prison and emerge as a leader.

- Steve Jobs rebuilt Apple by focusing on clarity of vision and relentless execution.

- Bethany Hamilton, the surfer who lost her arm to a shark attack, created a comeback plan built on daily practice and mental resilience.

VOICES THAT ECHO

- “Discipline is the bridge between goals and accomplishment.” — ***JIM ROHN***

- “Fall seven times and stand up eight.” — ***Japanese Proverb***

YOUR TURN

Take a moment to sketch your own comeback blueprint:

1. Define your vision.

2. Set one clear goal.

3. Choose one mindset shift.

4. Commit to one daily habit.

Start small. Build steadily. Protect your spark.

THE TRANSITION

The comeback blueprint gives you structure. But even with a plan, there will be moments when you want to quit again.

CHAPTER SIX

WHEN YOU WANT TO QUIT AGAIN

THE RETURN OF DOUBT

Resilience isn’t a straight line. It’s a cycle. You rise, you stumble, you rise again, and just when you think you’ve conquered the storm, another wave crashes in.

The truth is, the urge to quit doesn’t vanish after your first comeback. It revisits you—sometimes quietly, sometimes violently. It whispers: “Why bother?” It tempts: “You’ve done enough.” It insists: “This is too hard.”

But here’s the secret: the second time you face quitting, you’re stronger. You’ve already proven you can rise. Now, you must prove you can rise again.

THE PSYCHOLOGY OF RELAPSE

Psychologists call this relapse moments. They happen when stress, fatigue, or disappointment overwhelm your progress.

- **DECISION FATIGUE**: Too many choices drain your willpower.

- **BURNOUT**: Pushing too hard without rest leads to collapse.

- **COMPARISON TRAP**: Measuring yourself against others makes you feel inadequate.

- **FEAR OF FAILURE**: The memory of past pain resurfaces, convincing you it will happen again.

Relapse moments are normal. They don't mean you're weak. They mean you're human.

A STORY OF RELAPSE

Consider Elijah, a writer who finally published his first book after years of rejection. The launch was modest—no bestseller lists, no viral fame. Disappointed, he stopped writing for months.

But one day, a reader emailed him: "Your book helped me through depression. Thank you." That single message reignited his purpose. Elijah realized success wasn't about numbers—it was about impact. He picked up his pen again. His relapse didn't end his journey. It deepened it.

LESSONS FROM HISTORY

Even the greatest achievers faced relapse moments:

- Abraham Lincoln battled depression throughout his life, yet kept leading.

-Thomas Edison faced countless failed experiments, but re-framed each as progress.

- Maya Angelou doubted her voice, yet became one of the most influential poets of her time.

Their strength wasn’t in never wanting to quit—it was in refusing to stay quit.

STRATEGIES FOR OVERCOMING RELAPSE

So how do you push through when quitting feels inevitable?

1. **REFRAME FAILURE AS FEEDBACK**: Every setback is data, not defeat.

2. **REST WITHOUT QUITTING**: Take breaks, but don’t abandon the mission.

3. **RECONNECT WITH YOUR WHY**: Remind yourself of the purpose behind your journey.

4. **SEEK SUPPORT**: Lean on mentors, friends, or communities who lift you up.

5. **CELEBRATE PROGRESS**: Look back at how far you’ve come, not just how far you have to go.

BUILDING RESILIENCE MUSCLES

Think of resilience like a muscle. The more you exercise it, the stronger it becomes. Each time you resist quitting, you add strength, each time you rise again, you build endurance.

Quitting may knock on your door, but resilience teaches you not to answer.

VOICES THAT ECHO

- “It’s not that I’m so smart, it’s just that I stay with problems longer.” — ***Albert Einstein***

- “Our greatest glory is not in never falling, but in rising every time we fall.” — ***Confucius***

YOUR TURN

Think about the last time you wanted to quit. What pulled you back? Was it a person, a memory, a dream, or sheer stubbornness?

Write it down. Keep it close. Because when the urge to quit returns—and it will—you'll need that reminder.

THE TRANSITION

Relapse moments test your resilience. They remind you that persistence is not a one-time act, but a lifelong practice.

CHAPTER SEVEN

RISE AGAIN

THE DAWN AFTER DARKNESS

Every story of resilience ends with one truth: you rise again. Not once. Not twice. But as many times as it takes.

Life will break you. It will test you. It will strip you down to your core. But it will also give you the chance to rebuild stronger, wiser, and more intentional than before.

Rising again is not about erasing the past. It’s about transforming it. It’s about taking the pain, the lessons, the scars—and turning them into fuel for your future.

THE PHILOSOPHY OF RISING

To rise again is to embrace three truths:

1. **RESILIENCE IS A CHOICE**: You don’t control what happens to you, but you control how you respond.

2. **FAILURE IS FEEDBACK**: Every setback carries a lesson if you’re willing to listen.

3. **HOPE IS RENEWABLE**: Even when it feels gone, hope can be reignited—through faith, community, or sheer determination.

A STORY OF TRIUMPH

Consider Samuel-the author (yes, let’s make this personal). He faced rejection, doubt, and collapse. But instead of surrendering, he chose to rise again. Each chapter of his journey—breaking point, spark, small wins, blueprint, relapse—became part of his story.

And now, his story is not just about survival. It’s about victory.

LESSONS FROM HISTORY

The greatest leaders, thinkers, and creators all share one trait: they rose again.

- Nelson Mandela rose after decades in prison to lead a nation.

- Helen Keller rose above disability to inspire millions.

- Walt Disney rose after bankruptcy to build a global empire of imagination.

Their stories remind us: resilience is not rare. It is human.

THE PRACTICES OF RISING

So how do you rise again, practically?

- Anchor yourself in purpose: Know why you're fighting.

- Build resilience rituals: Daily habits that strengthen your mind and body.

- Surround yourself with believers: People who remind you of your worth.

- Embrace the scars: They are proof of survival, not signs of weakness.

- Keep moving forward: Even if it's one step at a time.

VOICES THAT ECHO

- "The greatest glory in living lies not in never falling, but in rising every time we fall." — ***Nelson Mandela***

- "You may encounter many defeats, but you must not be defeated." — ***Maya Angelou***

YOUR TURN

This book is not just words—it's a mirror. It reflects your struggles, your sparks, your wins, your critics, your blueprint, your relapse moments. And now, it reflects your rise.

So, ask yourself: What will you do with your breaking point? Will you let it define you—or will you rise again?

Take a breath. Take a step. Take back your story.

Because resilience is not about never falling. It’s about never staying down.

FINAL CALL TO ACTION

Rise again. Rise stronger. Rise wiser. Rise with purpose.

And when life knocks you down tomorrow, rise again.

Because your story isn’t over. It’s just beginning.

CONCLUSION:

THE FINAL TRUTH

YOUR STORY IS STILL BEING WRITTEN

You’ve walked through the breaking point, you’ve discovered the spark, you’ve built momentum with small wins, you’ve faced the critics, designed your blueprint, and endured relapse moments. And now, you stand at the threshold of your own comeback.

This book was never just about stories—it was about you, about the resilience inside you that refuses to die. About the strength you carry, even when you feel weak, about the hope that flickers, even in the darkest night.

THE FINAL TRUTH

Resilience is not a destination. It’s a practice. It’s waking up each day and choosing to rise again, no matter how many times you’ve fallen.

- You are not defined by your failures.

- You are not limited by your past.

- You are not broken beyond repair.

You are a story in progress. And progress is enough.

VOICES THAT ECHO

- “Do not judge me by my success, judge me by how many times I fell and got back up again.” — ***Nelson Mandela***

- “Courage doesn’t always roar. Sometimes courage is the quiet voice at the end of the day saying, ‘I will try again tomorrow.’” — ***Mary Anne Radmacher***

YOUR CALL TO ACTION

So here is your challenge: Rise again, rise when you’re tired, rise when you’re doubted, rise when you’re afraid, rise when quitting feels easier.

Because every time you rise, you rewrite your story. Every time you rise, you inspire someone else to rise too, every time you rise, you prove that resilience is the greatest superpower of all.

THIS IS NOT THE END. IT’S THE BEGINNING.

YOUR COMEBACK STARTS NOW.

RISE AGAIN, AND AGAIN, AND AGAIN.

BEYOND THE BREAKING POINT

By

SAMUEL ALARAN HERITAGE

(SAMMYDBEST)